

# Mainstreet USA has new hours

Mainstreet USA, in the main exchange, changes its operating hours May 26. The new hours are: Monday - Saturday, 10 a.m. - 8 p.m.; Sunday, 10:30 a.m. - 7 p.m.

## PACE events

People associated for cultural enrichment sponsor the following community activities:

- ☐ Adult skate party May 25.
- ☐ Car wash June 7.
- ☐ Soul food barbecue June 13.
- ☐ Juneteenth celebration June 14.

For more information, call Julia Mathis at Ext. 7182.

## Gospel music workshop

A gospel music workshop is at the RAF Mildenhall chapel from 6:30 - 9:30 p.m. June 23 - 27. A concert is June 28. For more information, call Clyde Turner at (01638) 718512, or e-mail clyde@trouble.astra.co.uk.

## Adopt a pet

The family support center sponsors a seminar from 7 - 8 p.m. May 22 about adopting pets in the United Kingdom. Information about local animal agencies, accredited kennels, reputable local breeders and health care for pets is included. The RAF Feltwell veterinarian will attend. For more information, call Ext. 3847.

## Self-help store

The self-help store is open from 11:30 a.m. - 1 p.m. today, due to wing safety day. The store is open from 8:30 a.m. - 12:30 p.m. Saturday.

## Blood drive

A blood drive is Thursday at the blood

donor center. For more information or to make an appointment, call Ext. 6524.

## Asian-Pacific heritage

The RAF Lakenheath and RAF Mildenhall Asian-Pacific heritage committees sponsor a video luncheon is from 11 a.m. - 12:30 p.m. Monday at the Lakenheath Community Activity Center.

The Asian-Pacific Heritage luncheon is at the Lakenheath officers' club May 29.

For more information, call Ext. 2899.

## Families need assistance

Donations are being taken for families of the Grand Forks AFB, S.D., community who were hit by the flood there. To contribute through the American Red Cross, send checks to: Grand Forks Flood Relief, Disaster Relief Fund, American Red Cross, P.O. Box 37243, Washington D.C. 20013, or drop them off at Bldg. 975.

To contribute to the Grand Forks Chaplain Fund, make checks payable to the RAF Lakenheath Chaplain Fund, designating "GF Flood Relief." Checks must be dropped off by 4:30 p.m. Friday.

For more information, call Ext. 3711.

## Shakespeare tour dates

The Albion Shakespeare Company sponsors open-air productions of "As You Like It" and "The Tempest" at 7 p.m. Tickets are £8.50 or £7 in advance. Children under 12 are free. Productions are:

- ☐ July 12 - 13 at Bickling Hall. For more information, call (01263) 731660.
- ☐ Aug. 5 - 6 at Hatfield Forest. For more information, call (01223) 207257.
- ☐ Aug. 9 - 10 at Dunwhich Heath. For more information, call (01263) 731660.

## Ball, scholarship awards night

The 13th Masonic District sponsors its 12th annual Ball and Scholarship Awards night at 7:30 p.m. Saturday at the Liberty Club. Tickets are \$25 per person and dress is semiformal. For more information, call MSgt. Rodney Williams at 89-3587 or TSgt. Gregory Gartrell at Ext. 3224.

## Protestant men's retreat

The 1997 Protestant Men's Retreat is today - Sunday at Letton Hall, near Shipdham, Norfolk. Bob Reehm, career missionary to the military, is the guest speaker. For more information, call Mike Pratt at (01638) 533108 or the chapel at Ext. 3711.

## Health and wellness center

The health and wellness center sponsors the following activities:

- ☐ A tobacco cessation class begins May 28 and runs until July 16.
- ☐ A health workshop is Thursdays. Topics include nutritional medicine and behavioral health.
- ☐ A back injury prevention class is from 2 - 3 p.m. Tuesday.

For more information on any of these programs, call the health and wellness center at Ext. 2710.

For information about chapel and off-base worship services, call the RAF Lakenheath chapel staff at Ext. 3711.

## Family Support

Contact the family support center staff at Ext. 3847 for information on the following programs, or e-mail chris.lawson@lakenheath.af.mil. All classes are held in the family support center unless otherwise noted.

### Hearts Apart

Hearts Apart has been canceled today due to safety day. It will meet again May 23.

### Teen life

A teen life group for youth 15 - 18 years old meets from 5:30 - 6:30 p.m. today at the youth center. The class promotes personal development and coping skills for teens. Topics include self esteem, handling relationships and dating.

### Transition assistance

A four-day transition assistance program is from 1 - 5 p.m.

Monday and from 8:30 a.m. - 5 p.m. Tuesday - Thursday at the family support center. The classes provide training in job-search skills to help military members and their families transition from military to civilian careers.

### CPR training

The infant and child CPR class scheduled for 10:30 a.m. Wednesday has been canceled.

### Youth life

A youth life group for chil-

dren ages 11 - 12 meets from 4:30 - 5:30 p.m. Thursday at the youth center. The group promotes development and coping skills among pre-teens. Topics include self esteem, friendship and more.

### Working in U.K.

An employment speakers series about working in the United Kingdom is from 11 a.m. - 1 p.m. May 23 at the family support center. The series features local career and recruitment specialists.